

EXPANDING 4-H YOUTH DEVELOPMENT

The segment of King County's population between the ages of 8-19 is more diverse and is growing faster than any other group in the region (United Way of King County, 2001). Despite the large number of high quality extracurricular programs, many young people, especially minority groups, limit their participation due to a lack of information, transportation, and financial resources.



The 4-H Youth Development program provide opportunities for everyone to discover and develop skills such as, self-confidence, team building, communication, leadership, and decision-making. This program also provides the opportunity to develop a dynamic partnership with community-based organizations and build capacity within the community.

PROGRAM HIGHLIGHTS:

- Achieved and facilitated eight community partners meeting to discuss, share resources , and identify common issues that benefit youth and families in King County
- Promoted and coordinated multicultural program
- Seventeen youth and adults volunteers were trained in Bellevue and Renton
- Conduct summer programs in 3 locations: Renton, White Center, and El Centro de la Raza

Results of the program efforts are:

- More participation and support of 4-H clubs and special programs with diverse groups in Ballard Community Center, White Center, and Renton.
- Over 30 women from MAMAS Unidas in Bellevue attended a self-esteem and communication workshops.
- Over 12 women received a workshop regarding how to initiate a 4-H program in Bellevue. The workshop included multicultural activities in how to make piñatas, the colores song, and international food preparation as tools to develop new skills.
- Three volunteers attended the Strengthening Families Program Training in Yakima focusing on reducing family-related risk factors for adolescent problem behaviors and building protective factors in young adolescent children and their parents.
- \$3,000 was contributed to the 4-H Summer Multicultural Program in Renton, in part by Los Toreros Restaurant, Dr. Willilam Gurrad, VIVA's Hispanic Foundation and WSU Recruitment and Diversity Funding.



Fernando learning nutritional activities at the 2005 Summer Camp in Renton

Photo S. Morales

Helping Youth Develop Skills

Program highlights:

- Women from MAMAS Unidas commented that through these workshops they improved their confidence in communicating with others and self-esteem skills needed to become more active in community activities.
- Eighty-four youth that attended the summer camp in Renton, White Center, and El Centro de la Raza demonstrated their acquired communication, teamwork, confidence, discipline, and nutrition skills through these activities.
- Seventeen youth and adults from Renton and six in White Center reported 192 volunteer service hours during the 4-H Summer program.
- Two Spanish and two English newsletters were published about the 4-H Summer Multicultural Program. Since 2003 the Spanish newsletters have been a positive support to promote the 4-H program in the Hispanic community.
- The Strengthening Families and Youth Development Programs have been promoted in the Hispanic community with a positive response. There is a plan to initiate The Strengthening Families program in 2006.



Youth learning how to set up a table.

Photo: S. Morales

COMMENTS:

- **Youth volunteer** – I was so appreciative and glad to become a role model and kids friends.
- **Kids** – I'm going to miss my volunteers because I learned from them.
- **Adult Volunteers** - It was very valuable to learn about parenting and will hope to provide workshops to families in our community. Please include us in your program!



Naomi enjoying and learning how to prepare a nice album.

Photo: S. Morales

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